

**From:** [bryan@competitiveedgelabs.com](mailto:bryan@competitiveedgelabs.com)  
**To:** "Sitesh Patel"  
**Subject:** question from steve at sns  
**Date:** Tuesday, July 21, 2009 6:16:27 PM

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**From:** Steve Wood [mailto:[steve@seriousnutritionsolutions.com](mailto:steve@seriousnutritionsolutions.com)]  
**Sent:** Tuesday, July 21, 2009 8:40 PM  
**To:** [bryan@competitiveedgelabs.com](mailto:bryan@competitiveedgelabs.com)  
**Subject:** forward to sitesh please

For the Beta Alanine powder, is a serving size 1 scoop – 2 grams?

For the Creatine Monohydrate, is a serving size 1 scoop – 5 grams?

